

Argonner students study Holocaust

Fifth-graders dig through historical record to uncover roots of racism

By David Ruderman

104th Area Support Group Public Affairs Office

Understanding the past is one way to defend against repeating the tragedies of past generations. Argonner Elementary School fifth-graders took a look at the dark side of 20th-century history recently and presented their findings to family members and fellow students during a Holocaust museum display mounted at the school June 5.

“This year I expanded the Holocaust curriculum to include World War I, The Great Depression and the causes and outcomes of World War II,” said teacher Amy Rochowiak. “The fifth-grade history textbook has a couple of chapters dedicated to the world wars, but only a paragraph on the Holocaust. The fifth-graders truly enjoy this curriculum, which I teach from my own personal materials.”

Rochowiak and fellow fifth-grade teacher Katherine Rohe had their students research projects that ranged from specific concentration camps to identification badges worn by victims of the Nazis and the weapons of World War II. They displayed posters and models in the school gym to visiting fourth-graders. The presenters danced a traditional Jewish circle dance, the *hora*, then took up positions at their displays to explain them.

“Some of the Nazis had one doctor who would take Jewish brain cells and experiment with them,” said Rick Flentie while explaining his model construction of the Dachau concentration camp.

Maria C. Sherman explained her mockup of the Auschwitz concentration camp. “Later I found out it was one of the camps with the most survivors. I don’t have pictures of survivors because when I looked up pictures they were very disturbing photos. Auschwitz II, most people know it as Birkenau, was only about 10 kilometers away,” said Sherman, referring to the complex of work camps built in conjunction with the genocide center at Auschwitz.

“I knew a little about Adolf Hitler, World War II and that, but I learned a lot more. They killed small children because they couldn’t work,” said Sherman.

Joe Harrison III talked to visitors about Anne Frank, her biography and the national museum made out of the house in Amsterdam where she and her family successfully hid from the Nazis for most of the war before being betrayed, seized and sent to the death camps.



Photo by Karl Weisel

Jacob Strach (center) and Courtney Crowley (center right) describe the horrific fates that awaited people held captive in the Mauthausen and Auschwitz concentration camps.

“I didn’t really know much about the Holocaust, but I learned about Anne Frank. It was a really hard time for the Jews. I learned that someone spray painted a swastika on her house in Frankfurt. I think they really shouldn’t do that. They shouldn’t because it shows disrespect,” he said.

Sadie Stiles built a replica of the Holocaust Museum in Washington, D.C. What impressed her most about studying the period?

“It’s the fact they didn’t have Boy Scouts or Girl Scouts — they had junior Nazis,” said Stiles.

What lessons did she learn from studying the period? “Don’t hate anybody for doing something you don’t know if they meant to do it or not. I think we learned enough because it’s just too gruesome for us,” she said.

Aleah Peterson spent a week and a half building her display about the Treblinka extermination camp “because it’s a weird shape and nobody really did it. They had an

extermination area that was disguised as a hospital. They had a zoo where they kept dogs and stuff because they used the dogs to scare the Jews,” she said.

Has she ever talked about the Holocaust with her German friends? “They didn’t like that at all. They prefer not to because they don’t like it.”

“They just wanted to work people and then at the end they just shot them,” said Kimberly Sunderland.

“The reason they had to was that Hitler wanted to get rid of the Jews and get their money,” said Mercedes Wilson.

“The Nazis loved to kill Jews for fun,” said Darcey Woodall, “just for fun. They didn’t care if they starved to death or had a cold or had lice.”

“Children of fifth-grade age need to have a basic knowledge of the Holocaust of World War II and other holocausts that have happened throughout past and recent history,” said Rochowiak.

“Look at what our country did to the American Indians during the Jackson administration. What about the horrific treatment, extermination of the Albanians by the Serbs? Unfortunately holocausts will continue happening. Many of my students’ parents are on peacekeeping missions in various parts of the world to prevent further holocausts,” she said.

Teaching, learning tolerance

“I believe that the students truly gain a tolerance of other cultures and religions. I always tell them that they don’t have to agree with everyone, but they need to show respect. Hopefully by students being exposed to this lesson, tolerance will be a key to their adult life.

“The students were made aware of Hitler’s and Nazi Germany’s anti-Semitic statements. They were also made aware of the anti-Slovak, Polish, Gypsy, Jehovah’s Witnesses, immigrants, homosexuals, social outcasts — mentally and physically handicapped — statements as well. Remember: five million of these groups were exterminated also,” said Rochowiak.

“People need to know the messages that Hitler was indoctrinating to the German people. If you ever have the chance, read Hitler’s book — everything he wrote and said he would do if he ever became chancellor of Germany, he accomplished. Frightening.”



Photo by Karl Weisel

Fifth-graders perform a traditional Jewish circle dance, the *hora*, for fourth-graders and other spectators before opening their displays to visitors at the Holocaust awareness presentation June 5.



Bulletin board

At the movies June 24 to July 10

Baumholder, Wagon Wheel

- June 26 — A Man Apart (R) 7 p.m.
- June 27-28 — Bruce Almighty (PG-13) 7 p.m.
- June 29 — Piglet's Big Movie (G) 4 p.m. Basic (R) 7 p.m.
- July 3 — Head Of State (PG-13) 7 p.m.
- July 4-5 — Finding Nemo (G) 7 p.m.
- July 6 — Atlantis (G) 4 p.m. Malibu's Most Wanted (PG-13) 7 p.m.
- July 10 — View From The Top (PG-13) 7 p.m.

Büdingen, Little

- June 27 — Gangs Of New York (R) 7 p.m.
- June 28 — Piglet's Big Movie (G) 3 p.m.
- July 4 — Chicago (PG-13) 7 p.m.
- July 5 — What A Girl Wants (PG) 3 p.m.

Dexheim, Rhein

- June 27 — Head Of State (PG-13) 7 p.m.
- June 28 — Phone Booth (R) 7 p.m.
- June 29 — Finding Nemo (G) 3 p.m.
- July 4 — View From The Top (PG-13) 7 p.m.
- July 5 — 2 Fast 2 Furious (PG-13) 7 p.m.
- July 6 — Malibu's Most Wanted (PG-13) 3 p.m.

Friedberg, Old Ironsides

- June 26 — Chicago (PG-13) 7 p.m.
- June 27 — The Matrix Reloaded (R) 7 p.m.
- June 28 — Chicago (PG-13) 7 p.m.
- June 29 — The Matrix Reloaded (R) 7 p.m.
- July 3 — Head Of State (PG-13) 7 p.m.
- July 4 — Bruce Almighty (PG-13) 7 p.m.
- July 5 — Phone Booth (R) 7 p.m.
- July 6 — Bruce Almighty (PG-13) 7 p.m.
- July 10 — Holes (PG) 7 p.m.

Giessen, Skyline

- June 24-25 — Daddy Day Care (PG) 7 p.m.
- June 27 — Head Of State (PG-13) 7 p.m.
- June 28 — Basic (R) 7 p.m.
- June 29 — Poolhall Junkies (R) 7 p.m.
- July 1-2 — The Matrix Reloaded (R) 7 p.m.
- July 5 — Phone Booth (R) 7 p.m.
- July 6 — Anger Management (PG-13) 7 p.m.
- July 8-9 — Bruce Almighty (PG-13) 7 p.m.

Hanau, Evening Star

- June 24 — Chicago (PG-13) 7 p.m.
- June 25 — A Man Apart (R) 7 p.m.
- June 26 — Chicago (PG-13) 7 p.m.
- June 27 — Rugrats Go Wild (G) 4 p.m. Dumb



Spike, Eliza Thornberry, Darwin and Siri have a close encounter in "Rugrats Go Wild."

- And Dumberer (PG-13) 7 p.m. Basic (R) 9:30 p.m.
- June 28 — Rugrats Go Wild (G) 1 p.m. Dumb And Dumberer (PG-13) 4 p.m. Head Of State (PG-13) 7 p.m. Phone Booth (R) 9:30 p.m.
- June 29 — Rugrats Go Wild (G) 4 p.m. Dumb And Dumberer (PG-13) 7 p.m.
- June 30 — Poolhall Junkies (R) 7 p.m.
- July 1 — Basic (R) 7 p.m.
- July 2 — Poolhall Junkies (R) 7 p.m.
- July 3 — Phone Booth (R) 7 p.m.
- July 4 — Sindbad: Legend Of The Seven Seas (PG) 7 p.m. The Hulk (PG-13) 9:30 p.m.
- July 5 — Sindbad: Legend Of The Seven Seas (PG) 4 p.m. The Hulk (PG-13) 7 p.m. View From The Top (PG-13) 9:30 p.m.
- July 6 — Sindbad: Legend Of The Seven Seas (PG) 4 p.m. The Hulk (PG-13) 7 p.m.
- July 7 — Malibu's Most Wanted (PG) 7 p.m.
- July 8 — View From The Top (PG-13) 7 p.m.
- July 9 — Malibu's Most Wanted (PG) 7 p.m.
- July 10 — View From The Top (PG-13) 7 p.m.

Rhein Main, Gardens

- June 25 — 2 Fast 2 Furious (PG-13) 7 p.m.
- June 27 — Phone Booth (R) 7 p.m. Basic (R) 9:30 p.m.
- June 28 — Head Of State (PG-13) 5 p.m. Poolhall Junkies (R) 7:30 p.m.
- June 29 — Bruce Almighty (PG-13) 7 p.m.
- July 2 — Rugrats Go Wild (G) 7 p.m.



Eric Christian Olsen (left) stars as Lloyd Christmas and Derek Richardson is Harry Dunne in "Dumb And Dumberer," a prequel to "Dumb And Dumber."

Movie plots

Dumb And Dumberer (PG-13) — From the beginning Lloyd Christmas (Eric Christian Olsen) knew he had a friend for life in Harry Dunne (Derek Richardson) in this prequel to the movie "Dumb And Dumber." Just starting high school, the two unwittingly fall into the web of corrupt Principal Collins (Eugene Levy) and his girlfriend, head lunch lady Ms. Heller (Cheri Oteri), who want them to be the first students in a phony special needs class in order to bilk \$100,000 in grant money for themselves. As Harry and Lloyd enthusiastically venture out to recruit more students for this new class, they unwittingly catch the attention of Jessica Matthews (Rachel Nichols), a hard-hitting reporter for the school's newspaper, who suspects foul play.

Rugrats Go Wild (G) — As castaways on a dogforsaken Polynesian island known only as Uninhabited, the Rugrats find their mirror images in television's favorite nature-documentarian family, "The Wild Thornberrys." Discovering new things about themselves as they meet their counterparts on the wild side, Tommy Pickles (voiced by E.G. Daily) and his half-pint pals have the adventure of their lives.

Poolhall Junkies (R) — Joe (Chazz Palminteri) a shady pool hustler well-past his prime is willing to use anyone to get what he wants — especially his young protegee Johnny (Mars Callahan). Joe is convinced Johnny moves the rock (the cue ball) better than the best hustlers. After 15 years playing Joe's angles, Johnny's sick of the con and wants to leave the hustle behind. After trudging to work at a series of loser day jobs, Johnny is miserable and bored, and itches to have his cue in hand again. Hungry for action, he finds himself having to compete with Joe's latest protégé to get back into the game.

The Matrix Reloaded (R) — In the second chapter of the Matrix trilogy, Neo (Keanu Reeves) assumes greater command of his extraordinary powers as Zion falls under siege to the Machine Army. Only a matter of hours separates the last human enclave on Earth from 250,000 Sentinels programmed to destroy mankind.

Bruce Almighty (PG-13) — Bruce (Jim Carrey), a TV reporter in Buffalo, N.Y., is known for doing homespun, human interest stories, but he would much rather be replacing the soon-to-retire anchorman, or at the very least, reporting significant news from international hot spots. After blowing a story and a shot at the big leagues, Bruce appeals to a higher power for better luck. The result is much more than he expected. Also stars Morgan Freeman and Jennifer Aniston.

Finding Nemo (G) — This latest feature from Pixar Animation Studios and Disney follows the journey of two fish — Marlin and his curious son Nemo — who become separated in the Great Barrier Reef. Buoyed by the companionship of Dory, a friendly-but-forgetful fish, Marlin embarks on a dangerous trek to rescue his son.

- July 3 — Dumb And Dumberer (PG-13) 7 p.m.
- July 4 — Anger Management (PG-13) 7 p.m.
- July 5 — Finding Nemo (G) 5 p.m. View From The Top (PG-13) 7:30 p.m.
- July 6 — Malibu's Most Wanted (PG-13) 7 p.m.
- July 9-10 — The Hulk (PG-13) 7 p.m.

Wackernheim, McCully

- June 25 — Head Of State (PG-13) 7 p.m.
- July 2 — Phone Booth (R) 7 p.m.
- July 9 — Basic (R) 7 p.m.

Wiesbaden, Flyers

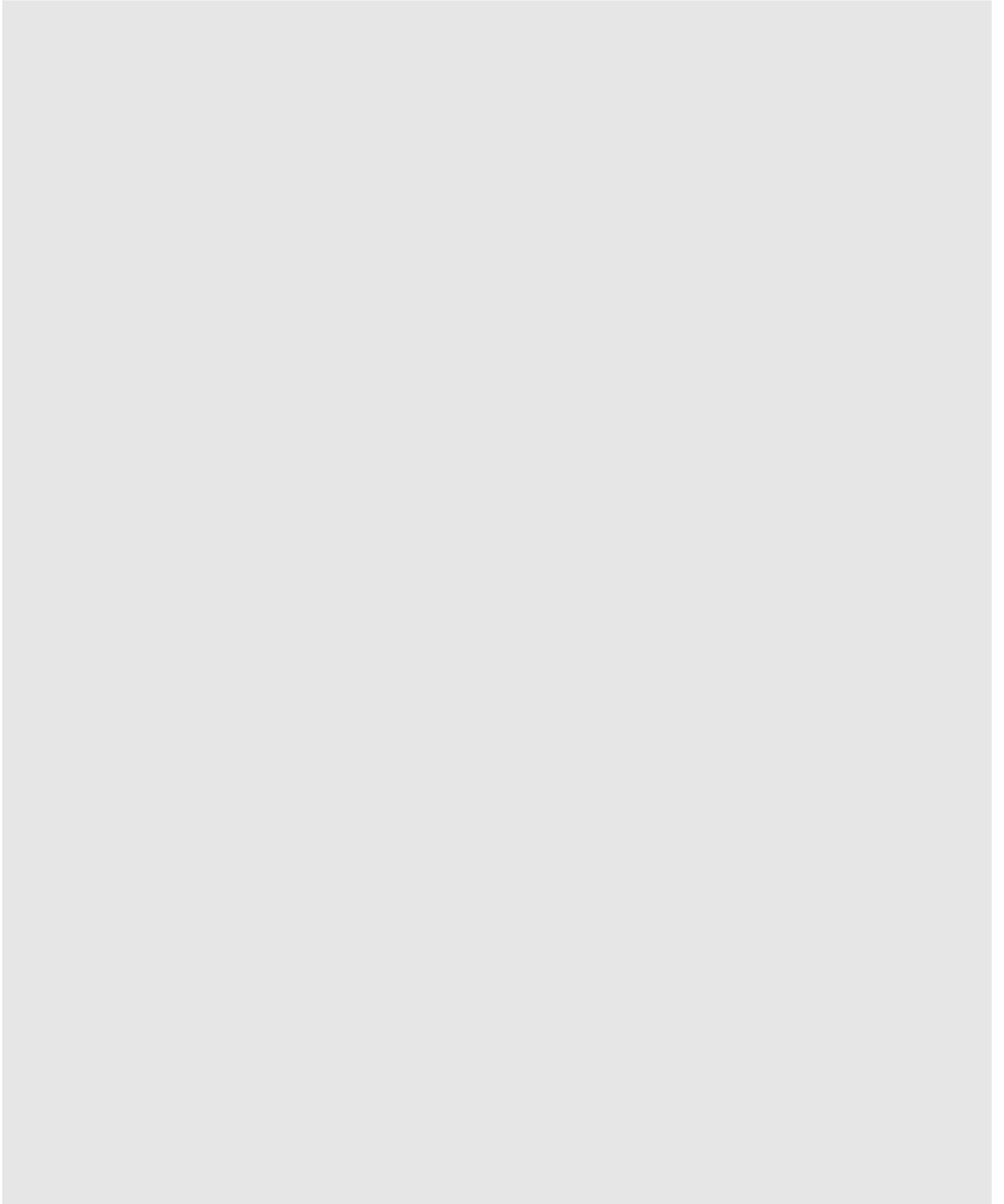
- June 26 — 2 Fast 2 Furious (PG-13) 7 p.m.
- June 27 — Head Of State (PG-13) 7 p.m.
- June 28 — Phone Booth (R) 7 p.m.
- July 3 — Rugrats Go Wild (G) 7 p.m.
- July 4 — Dumb And Dumberer (PG-13) 7 p.m.
- July 5 — Anger Management (PG-13) 7 p.m.
- July 10 — Bulletproof Monk (PG-13) 7 p.m.

Wiesbaden, Taunus

- June 24 — What A Girl Wants (PG) 7 p.m.
- June 25 — Chicago (PG-13) 7 p.m.
- June 26 — A Man Apart (R) 7 p.m.
- June 27 — 2 Fast 2 Furious (PG-13) 7 p.m. Phone Booth (R) 9:30 p.m.
- June 28 — Piglet's Big Movie (G) 4 p.m. Head Of State (PG-13) 7 p.m. 2 Fast 2 Furious (PG-13) 9:30 p.m.
- June 29 — What A Girl Wants (PG) 4 p.m. 2 Fast 2 Furious (PG-13) 7 p.m.
- June 30 — 2 Fast 2 Furious (PG-13) 7 p.m.
- July 1 — Head Of State (PG-13) 7 p.m.
- July 2 — Basic (R) 7 p.m.
- July 3 — Phone Booth (R) 7 p.m.
- July 4 — Rugrats Go Wild (G) 7 p.m. Dumb And Dumberer (PG-13) 9:30 p.m.
- July 5 — Rugrats Go Wild (G) 4 p.m. Dumb And Dumberer (PG-13) 7 p.m. Basic (R) 9:30 p.m.
- July 6 — Rugrats Go Wild (G) 4 p.m. Anger Management (PG-13) 7 p.m.
- July 7 — Dumb And Dumberer (PG-13) 7 p.m.
- July 8 — Rugrats Go Wild (G) 7 p.m.
- July 9 — View From The Top (PG-13) 7 p.m.
- July 10 — Anger Management (PG-13) 7 p.m.

Movies and times subject to change by local theaters. For the most up-to-date schedule visit the ASG's website (see address below).

Herald Union classifieds



School bits

Register now

If you expect your child to attend a Department of Defense Dependents School in the 104th Area Support Group beginning in September, you should register him or her immediately. School officials remind parents that early registration ensures their child's school is allotted necessary resources.

Stark wins journalism scholarship

A tip of the hat to Gen. H.H. Arnold High School senior Kimberly Stark, selected as one of three Department of Defense Dependents Schools graduates worldwide to be awarded the 2003 Stars and Stripes journalism scholarship. Stark will apply the \$1,000 award toward her studies at Appalachian State University in Boone, N.C., in the fall. *(Courtesy of Stars and Stripes)*

DeCA scholarship winners

Congratulations to 104th Area Support Group students selected for \$1,500 scholarships in the Scholarships for Military Children Program: Gen. H.H. Arnold High School's **Cecilia Clark, Daphne Olsen, Parawee Euavijitearoon and Dobson Almen**; Baumholder American High School's **Joshua Holman, Katie Feterl and Lauren Morse**; Giessen Middle-High School's **Kalia Thayer and Jerrel Conerly**; and Hanau High School's **Vaughn Cotham, Elizabeth You, Christina Gay and Jason Echevarria**. The awards are part of an annual program run jointly by the Defense Commissary Agency and the Fisher House Foundation. *(DeCA Release)*



Cecilia Clark

School, sports physicals

Local health clinics are making appointments now for youths to complete school and sports physicals. Beat the summer rush and take your children in for physicals now.

Cheerleading camp

The Universal Cheer Association will sponsor a cheerleading camp in Kaiserslautern Aug. 29-31. Ninth-through 12th-graders who participate learn cheers, sideline chants, dance, partner stunts and safety techniques. The cost, \$95, can be paid during on-site registration. Call Jane Varalli-Fellowes at civ (06363) 1307 for information.

UMUC scholarships, financial aid available

University of Maryland University College officials remind students to file now for federally funded grants, loans and work study programs. Everyone is eligible for some type of aid under federal guidelines, said officials. Filing a Free Application for Federal Student Aid is the first step to determining eligibility. The FAFSA can be found and filled out online at www.fafsa.ed.gov.

Soldiers, civilians sought for cybermission

The Army has expanded the competition on its eCybermission science, math and technology website to include sixth-graders. Volunteers, soldiers, civilians and retirees are sought to serve as ambassadors for the program to their area middle schools. Launched last fall, eCybermission attracted over 900, four-member teams competing in the fields of sports and recreation, arts and entertainment, environment, and health and safety. The top prize was a \$5,000 savings bond for each team member. For information and to volunteer surf the web to ecybermission.com.

School registration ongoing

By Frank O'Gara

Department of Defense Dependents Schools Europe Public Affairs Office

School registration is an annual process required by Department of Defense regulation to determine continued eligibility for school enrollment. Accurate and complete school enrollments help principals and district superintendent offices project appropriate resources to support the coming school year. It is critical for schools since funding and staffing authorizations are based on enrollment and enrollment projections.

This process is very important for three reasons:

⌚ Staffing and budgets are driven by enrollments.

⌚ When families re-register returning students early schools can plan to budget resources needed to support the education program.

⌚ Early enrollments allow administrators to determine the available space we have to help support contractors and other "space available" families who contribute to the military mission.

School principals across Europe are working diligently to ensure that the annual registration process is efficient and customer service oriented. Parents are urged to register their children as early as possible.

Early enrollment allows school officials to plan and budget resources to ensure a quality education. Early enrollment of space-required families allows officials to plan and sup-

port contractors and space available families who contribute to the military mission. When they can accurately project the numbers of students who will be attending schools they can adequately staff schools with the appropriate number of teachers. This ensures fewer disruptions for children and helps deliver a quality education in every community.

Some policies and practices regarding enrollment and eligibility have been changed for the coming year to improve customer service to all families and to establish uniform practices across Europe. These new policies focus on space availability and exceptions to the feeder plan.

School officials are implementing a new online registration initiative. For the coming school year, returning students will re-register as they have in the past because the system is not yet set up to handle returning students. Officials project that once field tests prove successful, new families will be able to access the registration process online. This will allow new kindergarten students or new arrivals to register online.

In the next phase of the implementation, school year 2004-2005, DoDDS will have the capability to re-register students, which will dramatically change the way registration is conducted in 2004. The goal is total online capability to improve efficiency and customer service to families.

DoDDS-Europe is committed to hosting a successful registration drive to improve services to military and civilian families, DoDDS officials said.



Encourage reading this summer

The school year has raced past and summer vacation is here. Students and teachers have earned a well-deserved break. As the summer recess begins Department of Defense Schools Europe offer some tips for parents to ensure continued success for children.

Be sure that you have reregistered for the next school year. Don't wait until August. The offices are open throughout the summer and school staff can assist you with this annual requirement.

If you are a parent of a secondary student ensure that you have reviewed your child's course selection for next year and are satisfied with his or her choices. If you have concerns see a counselor before school starts to avoid scheduling problems once the new school year begins.

If you are leaving be sure to complete a Parent Exit Survey to provide feedback on how well DoDDS provided for your child's education. Forms are available from every school office. Your feedback is important to and your comments are welcome, school officials said.

Talk to your child's teachers about ways you can reinforce learning over the summer to help children prepare for the next grade. They have earned a break over the summer; however, some simple learning routines can help them retain the knowledge and skills they have acquired this year.

Make reading a family priority this summer. Enjoy good books together and find time to read together as a family. This will reinforce the most important skill taught in school.

Review safety rules with children to prevent accidents during the summer months. Officials said they care deeply for children and want them to return safe and secure when schools reopen Sept. 2.

Mark the important calendar dates for the school year on your family's master calendar. Take those dates into consideration when planning family vacations and future PCS moves. Your principal can provide another copy of the calendar if you need one.

Plan to attend the back-to-school functions the principal will announce in August. Your involvement truly makes a difference in education. Parents are indeed the first teachers of children. School officials welcome your involvement and know you are critical to their success.

DoDDS-E officials hope that parents will continue the

strong focus on reading that was prominent in schools this past year. DoDDS-Europe offers the following websites, recognized as outstanding by the American Library Association and the American Association of School Librarians, to help parents provide reading experiences for children of all ages.

Best books for young adults — www.ala.org/yalsa/booklists/bbya.

Books for the college bound — www.ala.org/yalsa/booklists/obcb.

Coretta Scott King winners — www.ala.org/Template.cfm?Section=Winners.

Michael L. Printz winners — www.ala.org/yalsa/printz

Popular paperbacks for young adults — www.ala.org/yalsa/booklists/poppaper.

Quick picks for reluctant young adult readers — www.ala.org/yalsa/booklists/quickpicks.

For more reading lists go to www.ala.org, click on Libraries and You, then on the link to Recommended Reading. Select a specific listing or use the View All feature. *(Courtesy of DoDDS-Europe)*



Photo by Mary Crawford

Gators move up

Gelnhausen Elementary School kindergartners perform during "graduation" ceremonies June 4.

Sports and leisure

Things to do

Year of Blues

Congress proclaimed 2003 "The Year of the Blues," and the Frankfurt Consulate in conjunction with the Friends of the Blues Frankfurt e.V. and other partners are presenting a series of noted blues artists on Frankfurt stages this summer. Upcoming concerts feature blues guitarist **Rick Vito and The Lucky Devils** June 26 at 9:30 p.m. at Frankfurt's Blues and Beyond, local blues aficionados the **Matchbox Bluesband** July 10 at 9:30 p.m. at the Blues and Beyond, singer **April King and guitarist Mathias Baumgardt** July 19 at 9:30 p.m. at the Blues and Beyond and **Angela Brown and the Matchbox Bluesband featuring Christian Rannenber** Aug. 28 at 7:30 p.m. at the Palmengarten.

Paws and Pals

Bring your furry pal on a leash for a five-kilometer run/walk starting at the high school parking lot in Wiesbaden's Hainerberg Housing July 4 at 10 a.m. Prizes and doggie treats will be awarded. Call mil 337-6726 for details.

USO highlights

Not only do Rhein Main Area USOs feature a variety of trips to locations throughout Europe, but they also offer fun activities and classes for all ages. The USO's **Dining Out Series, Wiesbaden by Night, Childrens' Watercolor Classes, Cooking With Sybille, Kinderhimmel, German Language Classes and La Leche League** meetings are all aimed at providing soldiers and family members with a wealth of ways to enjoy time together and to explore their local surroundings. Upcoming tours include **Rhein River Cruises** June 29, July 13, 19 and 27; a trip to the spa in **Bad Orb** July 7 and 12; a **Frankfurt Train and City Tour** July 24; **Hanau Orientation and City Tour** July 9; **Rothenburg City Tour** July 10; **Paris Express** July 18-20; **Cologne Cathedral City Tour** July 12; **Nürnberg City Tour** July 22; **Amsterdam Express** July 26; **Heidelberg Castle and City Tour** July 30; **Aschaffenburg Castle and Shopping Trip** June 25 and July 2. Stop by the USOs in Wiesbaden, Rhein-Main Airbase, Büdingen or Hanau for more information about these events and other USO happenings.

On local stages

Frankfurt's English Theater presents the Alan Ayckbourn

comedy "Things We Do for Love" every day except Mondays through July 12. For ticket information call civ (069) 2423 1620. The theater is at Kaiserstr. 52, a short walk from the Frankfurt Hauptbahnhof.

Giessen's Keller Theater presents the "Stars of the Keller Theater" in a free performance at 7 p.m. June 29. Call mil 343-6515 or civ (0641) 402-6515 for tickets.

Wiesbaden's Amelia Earhart Playhouse presents "Schoolhouse Rock Live! Junior" July 25, Aug. 1 and 2 at 2 p.m.; July 24, 26 and 31 at 7:30 p.m. Pick up tickets at Wiesbaden USO offices or call the theater at mil 336-2473 for reservations.

Western Night

The Kaiserslautern American-German Business Club holds its third annual American Western Night July 19 from 7 p.m. to midnight at the Kaiserslautern Gartenschau. Proceeds will benefit the club's scholarship program. The event will feature an American-style barbecue, ice cream, dancing, a live country band and Native American dancers. Cost is €8 for adults, €5 for students. Children age 10 and under enter free. For information send email to kaiserslautern@agbc.de.

Culture parade

Frankfurt holds a multi-cultural parade showcasing the city's great diversity through the downtown area June 28 featuring costumes, floats, dancing music and more. International food stands, a bazaar and crafts will be featured. The parade starts at the Untermainkai at 11 a.m. and winds its way to the Römer and Paulsplatz at 3 p.m.

Live in concert

The city of Mainz features its Mainz Tent Festival in the Volkspark June 26 to July 7. Among the highlights are **Jethro Tull** June 26 at 7 p.m., the **Buena Vista Social Club's Omara Portnondo** June 28 at 7:30 p.m., **Jane Birkin** June 29 at 7:30 p.m. and **Chris De Burgh** July 6 at 7:30 p.m. The Frankfurter Hof in Mainz presents **John Cale** July 1 at 8 p.m. **Christina Aguilera** performs at Frankfurt's Festhalle Oct. 17 at 7 p.m. Pick up tickets at major ticket offices. Giessen's Schiffenberg Castle presents the **Blind Chicken Blues Band** June 27 at 8 p.m., the **Giessener Jazz Big Band** June 29 at 3 p.m., the **Lahn City Stompers** July 6 at 3 p.m. and the **Chicago Five** July 25 at 8 p.m.

Sun and summer sports Protect your skin from harmful rays

By Capt. HengMo McCall,
Wiesbaden Health Clinic

Summer is here, and it is time to have fun in the sun. But remember to be responsible when you play. Damage from the sun's rays is cumulative. This means exposure now will affect you later. The effects may occur later, but they can be deadly. For most people the majority of exposure and damage occurs before the age of 20. That's why it is very important to protect children's skin from overexposure to the sun's rays.

The sun's rays can have many harmful side effects. These include skin cancer and premature aging of the skin. The sun's rays contain two types of ultraviolet rays. They are ultraviolet-A and ultraviolet-B. These rays are invisible and the damage caused by overexposure can continue to mount for 24 hours after the direct exposure. This is why sunburn can bother us after we return home, when we are no longer exposed to the sun's rays.

Sunscreen works by absorbing, reflecting or scattering the sun's rays. Sunscreen should be applied before you go outside and are exposed to the sun. Sunscreens are labeled for sun protection factors by number. The higher the SPF number, the more protection it provides from UV radiation, sunburn and from the other problems caused by the sun's rays. When you are exposed to the direct rays of the sun, use broad spectrum sunscreen with an SPF number of at least 15.

There are many sunscreen products advertised as being waterproof, so that you may think you need apply them only once per day. It is true that these types of sunscreen are waterproof to an extent, but the



Photo by Karl Weisel

Even when only out in the sun for a short time make sure to use sunscreen.

level of protection decreases with exposure, water or sweat. Sunscreen should be reapplied every two hours or sooner if you go swimming or if you sweat. They come in a variety of forms, including ointments, gels, creams, lotion and wax sticks. Pick up the type you are most comfortable with using and spread it on.

Sunscreen alone does not provide all the protection from the sun's rays. When outside a wide-brimmed hat and sunglasses are recommended along with sensible clothing. The type of clothing you wear can affect the amount of UV rays that your skin will absorb. A tightly woven material offers more protection from the sun than loose knit or wet material does. Umbrellas and other kinds of shade are also a good idea.

The chances of getting sunburn are the greatest between 10 a.m. and 4 p.m. These are the peak exposure times for the sun. Your activities and level of protection should re-

flect this fact. Heat increases the effects of UV rays.

Indoor tanning is just as bad as sunlight for you skin. Tan is result of skin injury that occurs when UV rays enter the skin. Most tanning salons are using UVA rays which go deeper into the skin. These contribute to premature wrinkling and skin cancer.

To protect your skin follow the tips listed below.

- ↓ Use broad spectrum sunscreen with minimum SPF 15 on all exposed skin including your lips.
 - ↓ Reapply sunscreen every two hours.
 - ↓ Wear sensible clothing, a broad brimmed hat and sunglasses. Sit in the shade whenever possible.
 - ↓ Try to plan activities for late in the day or early in the morning to avoid the peak sunlight hours from 10 a.m. to 4 p.m.
- Everyone should enjoy sunny days, and by using a little common sense we can all have our fun in the sun.

Sports shorts ... Sports shorts

Race for Cure

This year's Susan G. Komen Five-Kilometer Run/Walk Race for the Cure will be held June 29 in Frankfurt. For more information and to register for the fund-raising event visit the www.raceforthe.cure.de/English.htm website.

Trainers, massages

Certified personal trainers are available for hire at Wiesbaden's Tony Bass and the Dexheim fitness centers. A single session costs \$35 — or purchase five for \$125. Both centers also offer massage therapy services. Call mil 337-5943 or 334-

5746 to make an appointment.

Giessen softball tourney

The 284th Base Support Battalion holds a unit-level softball tournament July 22-25 at the Miller Hall Fitness Center. It is free to unit-level teams of up to 12 players and two coaches. The top two teams advance to the 104th Area Support Group level tournament. Call mil 343-7201/8206 for details.

Soccer tourney

Friedberg's Ray Barracks will be the site of a soccer invitational tournament July 18-19. Teams are lim-

ited to 15 players and a non-playing coach. There is a fee. Call mil 324-3155 or 3552 for more information.

Family fun walks

Hanau Sports and Fitness features free family fun walks June 28 at 10 a.m. at the Pioneer Sports and Fitness Center and June 30 at 6 p.m. at the Fliegerhorst Fitness Center and. Call mil 322-9617 for details.

Golf tourney

Wiesbaden's Rheinblick Golf Course hosts the Rheinblick Open June 28-29 with tee times at 8 a.m. Cost is \$70 for members and \$100 for all others. Register by June 25. Call mil 336-2816 or civ (0611) 420-675.

Sports and leisure



Eric M. Burdett leads the field in a qualifying 400-meter heat. Burdett finished the final 400-meter race in fifth place.

Thinclads hold their own Americans well represented at annual track meet

Story and photos by Karl Weisel
104th Area Support Group Public Affairs
Office

A small contingent of Americans battled valiantly to represent their country at the fifth annual German-American Track and Field Meet in Bruchköbel June 8.

Because of the current deployment to Iraq and other military commitments only about 20 Americans turned out for this year's event, which is cosponsored by the 414th Base Support Battalion's Sports and Fitness Office and the Bruchköbel Track and Field Club. German participation was also lower than expected with only about 350-380 competitors, said Pete Paczesny, Fliegerhorst sports and fitness director.

"There are several meets going on at the same time," said Paczesny. German competitors may have been drawn to a more prestigious event in Chemnitz, while Air Force thinclads, who usually come out strong for the 414th BSB event, may have been gearing up for the Air North competition in England, he said.

Despite the overwhelming odds, American competitors held their own. The team from the 409th Base Support Battalion claimed several first places including the men's 800

meters and the 4X100-meter relay; and a host of other medals.

"We've got 18 people on our team," said coach Michael Blassingame, Vilseck, "some entered in three events, some entered in four. We have soldiers and family members — some of whom have never done this before. It's our first competition for the season. We were invited to come up here, and we're looking for as many events as possible to compete in before the all forces competition in August."

"The competition out here is rough," said William Slade, as he continued to move up the ranks by qualifying for the final rounds of the long-jump competition. Slade ended the day with a handful of medals including third place in the 100-meter dash, 15th place in the 200 meters, third place as part of the 4X400-meter relay team and fifth place in the long jump.

Other males to claim places for the Americans were Eric M. Burdett, 18th in the 200 meters, fifth in 400 meters; Courtney Fulton, 23rd in the 200 meters; Amos Kabui, Guillermo Fonseca and Mike Thiel, first, second and third in the 800 meters; Joey Rainbolt, fifth in the 400-meter hurdles, seventh in the long jump; Moton Hughley, ninth in the long jump and the shot put; Edgar Luna 10th in the long jump; Landon Brethouwer, seventh in the shot put; Jonathan Napier, 24th in the 200 meters. The men's teams also took first places in the 4X100 meters and third in the 4X400 meters.

Female members of the team to garner top honors were Evette Price, fourth in the 400 meters; Stacy Hall and Sivulka Pereira, fourth and fifth respectively in the 800 meters; Jessica Jacobs, Hall and Pereira, first, second and third in the 1,500 meters; Jacobs, third in the 400-meter hurdles; Pereira, Jacobs, Price and Edmond, first in the 4X100-meter relay; Sky Rainbolt, 12th place in the long jump and eighth in the shot put.

Athletes had to not only deal with little



William Slade sails through the air with the greatest of ease during the long-jump competition. Slade ended the day in fifth place in the long jump and with a handful of other medals.

American competition, but a blazing sun over the Rudolf-Harbig Stadion in Bruchköbel. "We've been practicing in this kind of heat for the past couple of days," said Blassingame. "This is good too because the athletes get to know the track before the U.S. Forces competition. Last year we only had two months to practice and took second place at the U.S. Forces competition in Baumholder."

Everyone is invited to come out to the Bruchköbel stadium Aug. 2 for the all forces competition, which pits the best track and field athletes in all of the U.S. military's forces in Europe against one another. "We want as many people as possible to come out and cheer on the best athletes in Europe," Paczesny said.



Jessica Jacobs (left) goes over a hurdle in the 400 meter hurdles.

Sports shorts

Fleet feet

Congratulations to **Mirko Wolff** and **Jessica Winter** the top male and female runners at the Fliegerhorst 10-Kilometer Run June 14. Wolff finished the race in 36 minutes and 59 seconds and Winter crossed the finish line in 49.23. The 104th Area Support Group's **Laufen Crew** took home the first place team trophy. Other runners to garner top spots by category were **Michael Purcell**, fastest Male Senior; **Jurgen Williams**, fastest Male Submasters; **Gerd Wolff**, fastest Male Masters; and **Gail Gilderoy**, fastest Female Senior. Runners have several more runs to look forward to in the coming weeks. Giessen Sports and Fitness holds a **10-K run and three-K family fun walk** at the **Schiffenberg Castle** June 28. Call mil 343-7201. The 414th Base Support Battalion hosts a **10-K run at Hanau's Pioneer Fitness Center** July 4. The run starts at 11 a.m. Cost is \$15 with a T-shirt or \$10 without. Registration is from 9-10:30 a.m. Call mil 322-9045 for details. Friedberg's **1st Brigade** holds a **10-K Run and a 5-K Family Fun Walk** July 5 starting at 11 a.m. Registration is from 9-10:45 a.m. Cost is \$15 or \$20 with a T-shirt. Call mil 324-7201 for details. Dexheim holds its second annual **123rd Main Support Battalion Run/Walk** July 19 starting at 10 a.m. Registration will be held from 8-9:30 a.m. Cost is \$15. Call mil 334-5746.

Powerlifting Meet

Tony Bass Fitness Center hosts a Powerlifting Meet July 19 at 10 a.m. Cost is \$20 including a T-shirt. Register in advance by calling mil 337-5943.



Cosmos win

The Frankfurt Cosmos lacrosse team beat their archrivals, the Cologne Indians, 23-2, June 14. Felix Dettmer, Tim Gruenke and former Army players John Mask and Matt Roy led the Cosmos in their highest-scoring game ever. Goalie Till Sauer and the defense of Wolf Droh, Matti Dettmer and Bob Scheider helped ensure the lopsided victory. The Cosmos were slated to face Aachen and Maastricht in league games June 22 in Aachen. They close out their season in Cologne July 6.

Softball still on tap

Although the third annual unit One-Pitch Softball Tournament scheduled to be held July 4 at the Büdingen ball field on Armstrong Barracks has been canceled, everyone is invited to come out to Hanau's Pioneer ball field July 4 to play softball starting at 3 p.m.

German-American Golf Clinic

A German-American Junior Golf Clinic will be held every Tuesday from 4-6 p.m. July 8 to Aug. 12 at Baumholder's Rolling Hills Golf Course. The Rolling Hills Junior Golf Championship will be held Aug. 12. Call mil 485-7299 for more information.